Myringotomy with or without Tube Insertion

What to expect and how to prepare

A myringotomy is surgery to treat the buildup of fluid in the middle ear.

This handout explains how to prepare for the surgery, how it is done, and what to expect afterward.
How to Prepare for Your Procedure

- Arrange for someone to drive you home after the procedure. You will not be able to drive yourself.
- You may eat normally and take your regular medicines.

What to Expect During a Myringotomy

This procedure takes place in the clinic and lasts less than 1 hour, including recovery time.

First, a local *anesthetic* (numbing medicine) is applied to your eardrum. Then a small incision is made into your eardrum and fluid is suctioned out. A small tube may then be inserted through the incision to dry out your middle ear. This helps prevent more fluid from collecting there.

After Your Procedure

**Pain**

Most patients have very little pain after this procedure. You may take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) if needed.

**Diet**

You may eat normally.

Return to Work

You will not need to take time off work after this procedure.

Precautions and Self-care to Speed Your Recovery

- Do **not** allow water to get into your ear until your doctor tells you it is OK.

Follow-up Visit

Your doctor will tell you when you should be seen in clinic for a follow-up visit. This visit is usually 2 to 4 weeks after the procedure.

**Your Follow-up Appointment Is:**

________________________________________
________________________________________

Call the Clinic Nurse or Doctor On-Call If You Have:

- Fever higher than 101°F (38.3°C)
- Drainage from your ear
- Vertigo (feeling dizzy)